

# Communication



How would you rate your communication with one another?

What are you good at? What do you need to improve on?

Who in your life is GREAT at communication? What do they do to be so good at it?

Check out the example of communication needs below, then each partner fill out your own communication needs sheet.



# Communication



*You get the BEST of me when:*

- I have time to think
- You ask me specific questions
- I have eaten
- You prepare for the conversation

*You get the WORST of me when:*

- I'm interrupted
- Right after getting off work
- Right before sleep
- I don't have time to think

*You can count on me to:*

- Listen patiently
- Consider all sides
- Take your side
- Give you a hug
- Provide input

*What I need from you is:*

- Challenge gently
- Help me brainstorm
- Patience
- Time for difficult conversations
- Eye contact



# PARTNER 1



*You get the BEST of me when:*

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*You get the WORST of me when:*

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*You can count on me to:*

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*What I need from you is:*

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# PARTNER 2



*You get the BEST of me when:*

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*You get the WORST of me when:*

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*You can count on me to:*

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*What I need from you is:*

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